
NE LESSON CODE BF-000-24

The Breastfeeding Game

OBJECTIVE:

Participants are pregnant women. Participants will be able to name four benefits of breastfeeding.

MATERIALS:

Video Program: *Breastfeeding Basics: The Breastfeeding Game*, Volume One - Benefits, (produced by Injoy Productions, approximately 22 minutes, English,) available through the TDH film library, phone (512) 458-7260.

TV/VCR

Four placards about 12" x 12" with questions and answers on the back, attached. Make copies as needed or download from the web: <http://www.tdh.state.tx.us/wichd/nut/bflessons-nut.htm>

Handouts:

- Three baby rattles (more if more than 12 participants in a class)
- *Thinking About Baby? Think About Breastfeeding!*, stock #13-14 or *Breastfeeding: the Best Choice* brochure, stock #13-184

Note about Survey Forms for New Lessons

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed surveys to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 West 49th Street
Austin, TX 78756

TEACHING TIP:

Glue the attached mini-posters to poster boards. Glue the topic page on the front side and the questions and answers for that topic on the back. Display the topic side facing toward the class. As questions for a particular topic are answered, turn the poster so that the questions and answers are facing the participants. If time permits, use the accompanying teaching guide from Injoy Productions for additional questions and answers.

The game is played with 3 teams with 1 to 4 players on each team. If there are more than 12 participants in a class, you may have 4 teams or you may choose different teams with each new topic so everyone gets a chance to play.

ICE BREAKER:

How many of you like to watch television game shows? What are some of your favorite game shows? Allow participants a few minutes to answer the questions.

VIDEO:

Today we will watch an exciting new game show, *The Breastfeeding Game*, and then we will play the game in class.

Show the video: Breastfeeding Basics: The Breastfeeding Game

ACTIVITY:

Ask participants to divide into 3 groups. Give one participant in each group a baby rattle.

Now we are going to play *The Breastfeeding Game*. I am going to ask you a question about breastfeeding. If your team knows the answer, shake your rattle! The first team to shake their rattle gets a chance to answer the question first. Are you ready?

Take one of the categories and hold it up in front of the teams while you read the question on the back. The team who shakes their rattle first gets to answer. If they answer correctly, go on to the next question. If they answer incorrectly, ask another team to answer.

You may let a team choose their topic each time you go to a new question, or you may ask all the questions under one topic, then proceed to the next.

After every team has had a chance to answer at least one question, distribute the brochure.

What questions or concerns do you have about the topics we talked about today? Answer any questions participants may have.

ORAL OR WRITTEN EVALUATION

Name 4 ways breastfeeding benefits mothers and babies.

Possible answers:

- Breastfeeding is more convenient for moms: nothing to mix, heat, sterilize or prepare; always ready and available, and mom does not have to get up in the night to prepare a bottle.
- Breastfeeding makes going places with your baby easier--nothing to keep refrigerated, nothing to tote. You can nurse discreetly anywhere you have a right to be.
- By pumping and breastfeeding after you return to work, you can still have that special bonding time with baby.
- Breastfeeding saves money on formula, doctor bills, and later on, doctor and orthodontia bills.
- Breastfed babies don't get sick as often.
- Breastfeeding reduces baby's risk for certain childhood cancer, diarrhea, diabetes, obesity, SIDS.
- Breastfeeding reduces mother's risk for breast and ovarian cancer and osteoporosis.
- Breastfeeding helps get mom's uterus back to pre-pregnancy shape.

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Lesson Evaluation Form – Staff
Benefits of Breastfeeding

Project# _____

Month/Year of lesson use: _____

1. Was the lesson easy to read and follow?

Yes____ No____

2. Were participants able to correctly answer the post-test questions?

Yes____ No____

If no, which questions? _____

3. Was participant feedback:

- a. positive
- b. negative
- c. indifferent

4. Do you plan to use this lesson again?

Yes____ No____

Comment: _____

5. What changes would you suggest for improving the lesson?

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Lesson Evaluation Form – Participant
The Breastfeeding Game

Project#_____

1. The lesson I learned today was called: _____

2. I am: (You may circle more than one.)

- a. pregnant
- b. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend

3. How much did you like the breastfeeding game?

- a. a lot
- b. a little
- c. did not like

4. Do you plan to use the ideas from the lesson?

- a. a lot
- b. a little
- c. not very much

5. Do you think this is a good lesson to have at WIC?

Yes____ No____

Why or why not?_____

6. What is the most useful thing you learned from the lesson today?

7. Comments:
